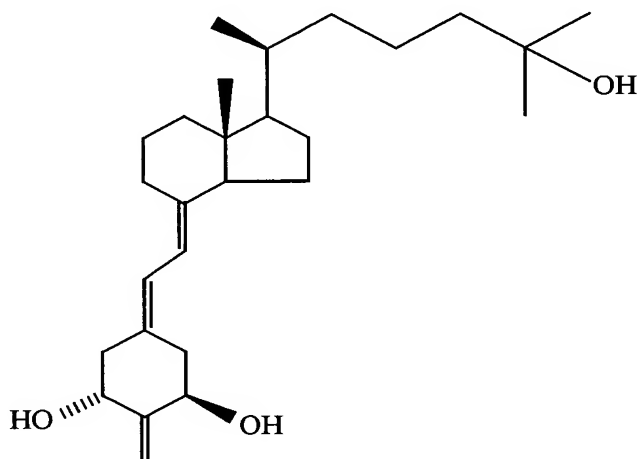


CLAIMS

We claim:

1. A method of increasing the life expectancy of a human being comprising administering to a human being an effective amount of 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ having the formula:



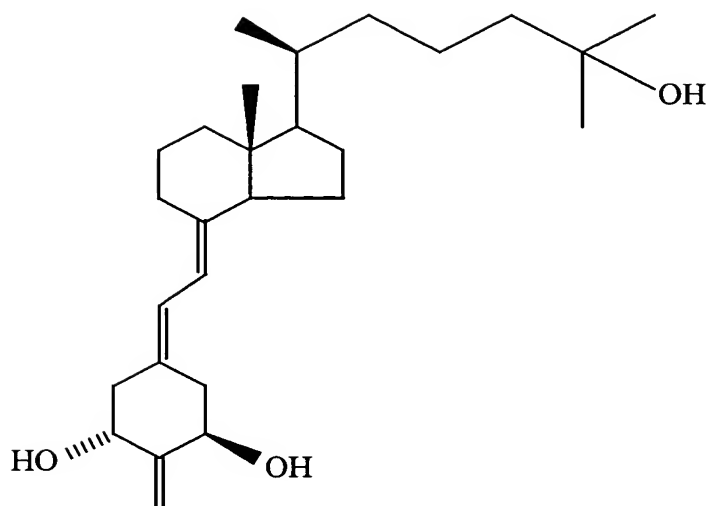
2. The method of claim 1 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered orally.

3. The method of claim 1 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered parenterally.

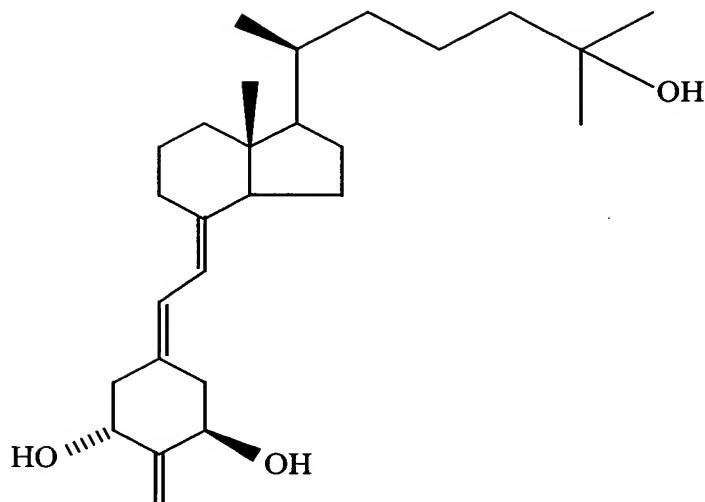
4. The method of claim 1 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered transdermally.

5. The method of claim 1 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered in a dosage of from 0.1 μ g to 100 μ g per day.

6. A method of increasing the life expectancy of a female human being lacking estrogen comprising administering to a female human being an effective amount of 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ having the formula:



7. The method of claim 6 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered orally.
8. The method of claim 6 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered parenterally.
9. The method of claim 6 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered transdermally.
10. The method of claim 6 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered in a dosage of from about 0.01 μ g/day to about 100 μ g/day.
11. The method of claim 6 wherein said female human being is a post-menopausal female human being.
12. A method of inhibiting tumorigenesis in the treatment of a cancer comprising administering to a patient with a cancer an effective amount of 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ having the formula:



13. The method of claim 12 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered orally.
14. The method of claim 12 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered parenterally.
15. The method of claim 12 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered transdermally.
16. The method of claim 12 wherein 2-methylene-19-nor-20(S)-1 α ,25-dihydroxyvitamin D₃ is administered in a dosage of from about 0.01 μ g/day to about 100 μ g/day.
17. The method of claim 12 wherein said cancer is leukemia.
18. The method of claim 12 wherein said cancer is colon cancer.
19. The method of claim 12 wherein said cancer is breast cancer.
20. The method of claim 12 wherein said cancer is prostate cancer.
21. The method of claim 12 wherein said cancer is skin cancer.
22. The method of claim 12 wherein said cancer is lung cancer.